



March19th through 26th

Maine Central Institute dining services are proudly managed by CulinArt Group



























































Breakfast: Monday through Friday 7:00AM to 8:00AM

Lunch: Monday through Friday 12:00PM to 2:05PM

Brunch: Saturday & Sunday 10:00AM to 11:00AM

Dinner: Sunday through Saturday 5:00PM to 6:00PM

Phone: (207) 487 4455 | Email: dining@mci-school.org

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WAKIN' UP	Scrambled Eggs  , Fried Eggs  , Breakfast Potatoes  , Bacon, Meatless Sausage Patty 						
WAKIN' UP SPECIAL	Brunch: Cream Cheese and Chive Scrambled Eggs	Ham, Egg and Cheese Quesadilla	Supreme Breakfast Pizza	Chocolate Chip Pancakes 	Cinnamon French Toast 	Santa Fe Breakfast Sandwich	Brunch: Oreo Pancakes
LUNCH	Always Available: Fresh Salad Bar Fresh Apples, Bananas, Pears, and Oranges Skim Milk, 2% Milk and Fat Free Chocolate Milk						
KETTLE SOUP		Chicken and Rice Soup	Butternut Squash and Apple Soup 	Potato, Cabbage, and Brat Wurst Soup	New England Clam Chowder	Pasta Fagioli	
CHEF'S TABLE		Carnitas Pork Nachos Baja Black beans 	Cottage Pie Baked Beans  	Beef Stroganoff Balsamic Grilled Portobello 	BBQ Chicken BBQ Tempeh 	Chicken Pad Thai Tempeh Pad Thai 	
SIDES		Spicy Red Beans and Rice  Spicy Roasted Corn   Buffalo Roasted Broccoli 	Colcannon  Steamed Carrots   Warm Biscuit 	WG Rotini   Whole Wheat Baked Ziti  Garlic Roasted Broccoli 	Brown Rice   Herb Roasted Potatoes   Steamed Corn  	Vegetable Fried Rice  Soy Glazed Sweet Potatoes  Sauteed Kale  	
COMPOSED SALAD		Macaroni Salad 	Deli Bar	Deli Bar	Caesar Salad Deli Bar	Italian Pasta Salad Deli Bar	
CITY GRILL		Fried Egg and American Cheese Breakfast Sandwich 	American Grilled Cheese Sandwich  Roasted Mushroom Melt 	Fried Chicken Sandwich  Veggie Burger 	Beef Hotdogs Veggie Dogs 	Buffalo Ranch Chicken Pizza Cheese Pizza 	
DINNER	Always Available: Fresh Salad Bar Fresh Apples, Bananas, Pears, and Oranges Skim Milk, 2% Milk and Fat Free Chocolate Milk						
KETTLE SOUP	Chicken and Rice Soup	Butternut Squash and Apple Soup 	Potato, Cabbage, and Brat Wurst Soup	New England Clam Chowder	Pasta Fagioli	Creamy Potato Spinach Soup 	Tomato Basil 
CHEF'S TABLE	Chicken Fajita Mac N' Cheese Buffalo Tempeh Wings 	Char Sui Pork Honey Ginger Tempeh 	Chicken Gumbo Red Beans and Rice Vegetable Gumbo 	Apple Glazed Pork with Sauerkraut Cranberry Spinach Garbanzos	Hungarian Beef Goulash Cauliflower Goulash 	Cajun Catfish Barbecue Baked Beans 	Pesto Roasted Pork Pesto Roasted Chickpeas  
SIDES	Roasted Ginger	Coconut Jasmine Rice  	Vegetable Jambalaya	Creamy Mashed Potatoes	Warm Dinner Roll 	Red Beans and Rice  	Creamy Roasted Red Pepper Pasta



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	Butternut Squash VG Garlic Roasted Vegetable Medley VG Aztec Mexican Rice V	Garlic Roasted Mushrooms EW VG Kale and Red Onion Sautee V	V Braised Collards and Bacon Cajun Corn and Okra V	V Sauteed Rainbow Swiss Chard EW VG Sweet Potato Hash V	Roasted Green Beans EW VG Lemon, Chive and Olive Oil Spinach EW VG	Cajun Vegetable Medley EW VG Roasted Cauliflower EW VG	V Roasted Sweet Potatoes and Onions V
CITY GRILL	Tater Tot Poutine	Pepperoni Piz Garlic Bread Pizza	Noodle Bar	Chicken Philly Sandwich	Corn Dog Fritters Corn Fritters	New York Style Dog with Onions and Sauerkraut	Cheese Pizza V Pepperoni Pizza